

Rebuild Your Life After Illness

Guest Opportunity: Jeanette Kildevaeld --- Expert on resiliency, perseverance, life-coaching, confidence and spiritual healing, who is a #1 Amazon Best Selling Author of *"You Are Worthier: A Guide to Improving Your Illness or Injury on the Road to Recovery."*

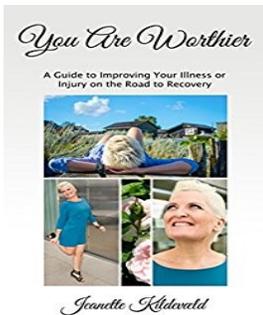
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Admission to a hospital or an intensive care unit because of critical illness or an accident can have a huge impact on someone's life, both physically and emotionally. Many people say that, as well as recovering physically, they had to accept and deal with what had happened to them emotionally.

Everyone is unique and can experience any range of emotions at different times. However, how they push through these obstacles is what separates them from all the rest. What are the first steps on the way to recovery?

- * Why is recovering from an illness such a difficult process?
- * How does it take its toll on one's life physically and emotionally?
- * When things do not go our way, how do we stay focused and happy?

Jeanette Kildevaeld uses her book, *"You Are Worthier: A Guide to Improving Your Illness or Injury on the Road to Recovery"* to explain how recovering from a severe illness or injury can be an extremely difficult process.



Meet Jeanette Kildevaeld:

Jeanette Kildevaeld lives in the Danish Island Funen, also called "The Garden of Denmark" with her husband and two daughters. She enjoys writing columns, speeches and books to help others heal mentally and physically. She is a life coach and her spirituality allows her to connect with people and help them heal during sessions. When she isn't writing she likes to travel, run and to spend time with family and friends.

For more information visit....www.youareworthier.com/

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